

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JANUARY 6, 2006

## 2005 was a knockout year for K-Bay sports

**Kristin Herrick**

*News Editor*

Though deployments kept many Marine Corps Base Hawaii, Kaneohe Bay, athletes in the field rather than on it in 2005, the Marines and Sailors of K-Bay still managed to pull off victories in intramural sports, footraces, swims and surf contests.

The year started off a little rocky for K-Bay fighters and surfers.

Lee Crisp III, a platoon sergeant with 2nd Battalion, 3rd Marine Regiment, got things going in 2005 during the Regional 50th State Tournament, Jan. 15 at Kahuna's Ballroom. Although Crisp, who has been boxing for more than six years, came up short in the fight against the previous year's champ.

Jan. 22, Marine wave riders took on members of other services during the Armed Services Athletic Counsel Inter-Service Championship. The Air Force team came out on top at the Pokai Bay competition, but K-Bay Marine John F. Kauffamn did finish second in the masters division.

Kahuna's Ballroom was busy with more than Boxing in January, with the Hawaii Championship Wrestlers taking over the ring for a Saturday Night Slam. Marines and Sailors had the chance to cheer on body slams, clotheslines and outside the ring antics.

Along with intramural basketball and baseball, February was time for the Fourth Annual Surf 'n Turf 5-kilometer run. As the name implies, the course covers both dry land and beach. Jason Kut finished in fist place for the men and Courtney Clement took top honors for the women.

In keeping with tradition, Marines took part in the 21st Annual Great Aloha Run, Feb. 21, as part of the "Sounds of Freedom" military division. The Marines ran the eight-mile course from Aloha Tower to Aloha Stadium in formation and carrying the Marine Corps flag.

Several teams of K-Bay runners also entered the grueling 34th Annual Perimeter Run. Teams of seven traversed the island in relay format. One K-Bay team, "6 Redheaded Stepchildren

and 1 Angry Elf," finished in fourth place overall with a time of 16:45:38

March started off well for one MCB Hawaii family member. Christopher L. Bovo, who, at the time was a senior at Kalaheo High School, placed fourth in the high school wrestling championships. Bovo's father, Master Sgt.

Michael A. Bovo, is a regimental master chief for 3rd Marine Regiment.

The Single Marine and Sailor Program hosted one of several Shank & Slice golf tournaments, March 24. According to Gabby Black, SM&SP coordinator, the event is more about fun than competition

"Rather than awarding the team with the lowest score, all the teams that competed had an equal opportunity to win prizes after the tournament was over. This allowed everyone to

*See REVIEW, C-4*



Cpl. Megan L. Stiner

Fighters Unlimited Boxing Club's Francisco Maldonado stretches out to take a shot at his opponent Matthew Monkewicz during a boxing tournament at Kahuna's Bar & Grill Ballroom.



Sgt. Joseph A. Lee

Above — 1st Battalion, 12th Marines' Brian Moates goes for the layup over MALS-24's Doug Derring 2005 in intramural basketball action at the Semper Fit Center Gymnasium.

Top Right — Rick Almeida, wide receiver for the Dirty Third, reaches for what could have been the game-winning touchdown pass against the 1/12 Bulldogs. After regulation time ended at 6-6, the battle was fought through three overtime as Dirty Third quarterback Rafael Perez hooked up repeatedly with Almeida. In the end though, it was the running game of Bulldog Melvin Hubbert that secured the victory.

Right — Matt Chitwood, a member of team Tenderfoot, ducks under a speeding ball as he fights to stay in the game, during the SM&SP Dodge Ball Tournament at the Semper Fit Center. Chitwood and team Tenderfoot finished in first place after defeating Headquarters Battalion in the final match of the competition.



Sgt. Joseph A. Lee



Sgt. Joseph A. Lee





Sgt. Joseph A. Lee

Jared Rigby (right), MAG-24 pitcher, celebrates the victory with his teammates after winning the Intramural Baseball Championship Series.



Lance Cpl. Ryan Trevino

Forward Aleks Stroud, K-Bay Hammerheads, skates around the goalie for the easy score. Stroud had four goals during the Oahu Inline Hockey League playoffs match against the East Oahu Ducks.

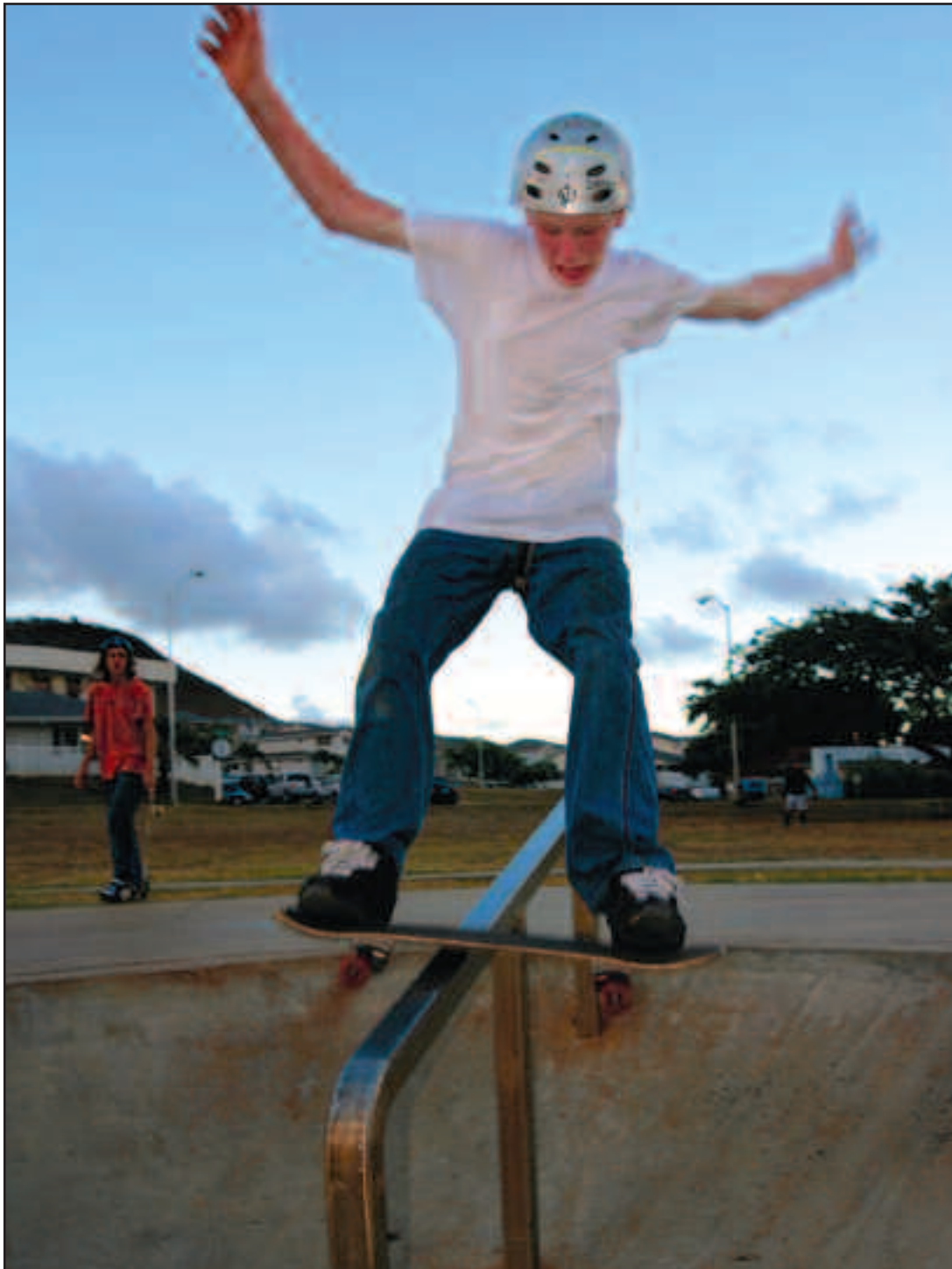


Sgt. Joseph A. Lee



Sgt. Joseph A. Lee

Ron Ron Malbon, quarterback of the Red Lions, sprints on a bootleg and gets around a couple Warriors defenders who dive for his flags during a youth flag football game. The Red Lions remained undefeated during the 2005 season in the Mightyights Division.



Sgt. Joseph A. Lee

Above — Skater Matt Johnson, a 14-year-old ninth grader at Kalaheo High School rides the rail at the skate park on Marine Corps Base Hawaii, Kaneohe Bay. The skate park offers a large area to safely participate in their sport.

Left — One triathlete grabs a breath as he participates in the 9th Annual MAG-24 Sprint Triathlon.

## BASE SPORTS

### Saturday

**Adult Golf Clinic** — The Kaneohe Klipper Golf Course will offer a five-week golf clinic beginning Saturday. Join teaching professional Mo Radke for classes dealing with subjects such as full swing fundamentals, scoring, club selection, etiquette, rules, and more.

This clinic runs from 9:30 to 10:30 a.m. every Saturday and costs \$90.

Class size is limited, so swing by the Klipper now to register, or call 254-1745.

### Monday

**Base Pool Closed for Improvements** — The Kaneohe Base Pool will be closed for improvements beginning Monday and will reopen in March. MCCS sincerely apologizes for any inconvenience this may cause. The Officers' Club,

Camp Smith and Manana Housing pools are all still open during regular business hours.

For more information, call 254-7655.

### Tuesday

**Friends of K-Bay Mixed Bowling League** — Looking to join a fun and exciting bowling league? Well, look no further than K-Bay lanes for the Friends of K-Bay mixed Handicap Bowling League. The league is open to men and women, beginners or experienced, singles or couples. It runs every Tuesday beginning Jan. 10 at 6 p.m. For information, call 254-7664.

### Jan. 14

**Women's Golf Clinic** — All women interested in taking golf lessons should head for the Kaneohe

Klipper and sign up now for the Women's Golf Clinic, 'fore it's too late. Teaching Professional Stephen Burke will give instructions on full swing fundamentals, scoring, game strategy, etiquette, safety, rules, and more.

The clinic costs \$90 per student and will be held for five consecutive Saturdays from 8 to 9 a.m. beginning Jan. 14.

Register now at the Klipper Pro Shop, or call 254-1745.

### Jan. 18

**Health, Wellness & Fitness Fair** — You have made the New Year resolution to get active. You have officially committed to getting healthy. Now you have no idea where to begin. Here's a hint ... the MCCS Health, Wellness & Fitness Fair, to be held in the Semper Fit Center's Main Gym, Jan. 18.

The fun-filled Fitness Fair begins

at 10 a.m. and will last until 1 p.m. Patrons will be treated to displays and information encompassing all areas of fitness and healthy lifestyles.

"Health, wellness and fitness all contribute to readiness," stated Dan Dufrene, Health Promotions coordinator for MCCS, "and readiness includes everyone, not just the Marines and Sailors — everyone's invited."

You too are invited to learn about the world of fitness from a number of ways and means. The gym will host demonstrations of their extremely popular cycling class, as well as other aerobic classes and courses of instruction. "The fair will be the perfect opportunity for patrons to sign up with one of the personal trainers that will be on staff for the event," informed Jon Shiota, the Semper Fit Center manager. "It's the prime time to make your New Year's resolution a reality."

"This will also be the best time for any newcomers to MCB Hawaii to stay abreast of the activities and programs available to them within the base community."

For more information, call 254-7597 or 254-7636.

### Feb. 4

**Headquarters Battalion Surf & Turf 5k Run** — One of MCCS' most scenic races, the HQBN Surf & Turf takes runners to the reaches of MCBH Kaneohe Bay, including stretches down Marine Corps base Hawaii's most panoramic beaches.

This race begins at The Officers' Club and winds down through the Kaneohe Klipper Golf Course and beyond.

The five-kilometer run is part of the Commanding General's Semper Fit Series.

For more information, call the varsity sports coordinator at 254-7590.

## COMMUNITY SPORTS

**8th Annual Fort DeRussy Biathlon** Fort DeRussy Beach will be the site of a biathlon and children's race, March 4.

The 8th Annual Fort DeRussy Biathlon and Keiki Run-Swim-Run will begin with the adults at 7 a.m. followed by the children at 8:20 a.m. in front of Hale Koa Hotel.

Adults can choose a long course, which consists of a 5-kilometer run and a 1-kilometer swim, or a short course, which is a 2 1/2 kilome-

ter run and a 500-meter swim. Distances for the children's race vary by age.

Costs to register are as follows: \$18 for individuals, \$16 for students and \$15 for military members.

Affordable parking will be available in Hale Koa Hotel parking garage for military & general public.

Athletes wanting to participate can register online at [www.active.com](http://www.active.com).

**Run to the Sun Heads up Haleakala**

Run to the Sun is a 36-mile ultra marathon starting at sea level and climbing to the 10,023-foot summit of Haleakala, legendary "Home of the Sun," and will take place March 25. This challenging course is not for the novice marathoner. Entrants must be 18 or older and rigorously prepared to meet the challenge of the strict 10-hour time limit.

Detailed course and event information will

be sent to each entrant upon receipt of application form and fee. Relay teams of three persons may also enter Run to the Sun. There will be no race-day registration.

Entry fee is \$95 for individuals and \$150 for relay teams if registered by March 17.

Runners wanting to participate can enter by mailing in a form available at [www.virr.com/run\\_2\\_sun.html](http://www.virr.com/run_2_sun.html) or by registering online at [www.active.com](http://www.active.com).





# The Bottom Line

(Editor’s Note: “The Bottom Line” is the Hawaii Marine’s weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The Hawaii Marine welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

## Who’s going to win out in bowl action?

**Kristin Herrick**  
*The Cheese*

If you’ve been hiding under a rock for the past two weeks, you might not have heard that the University of Southern California will take on the University of Texas in the Rose Bowl. Even with all the hype surrounding the Bowl Championship Series and the way they choose teams for the bowl games, they got the national championship teams right this year. The only two undefeated teams in college football will face off and the winner — at least in the mind of The Cheese — will be undisputed national champion. With that in mind, here are The Cheese’s predictions for the four BCS bowls:

**Rose Bowl: USC vs. Texas** — With two high-powered offenses, the winner of the game might be the team who makes the final drive down the field. USC averages more than 580 yards of offense per game, while Texas only racks up about 508 yards per game. The thing is, USC hasn’t played anyone with a decent defense. But, it’s like the ol’ question “What came first? The chicken or the egg?” Are the teams USC played not ranked high on the defensive charts because the Trojans mopped the floor with them? Or does USC rack up the yards because they play teams with horrible Ds?

I’m going to have to go with Longhorns for this one, even though I hate to agree with The Texan. They have a great offense and play better defense than USC.

**Orange Bowl: Florida State vs. Penn State** — Florida State is 8-4. How they got selected to play any bowl game is beyond The

Cheese. The Cheese doesn’t care if they won the Atlantic Coast Conference, they’re ranked 22nd in the BCS polls! If this isn’t a prime example of what’s wrong with the BCS system, don’t know what is. Anyway, all ranting aside, Penn State is going to cream them. The Cheese is certain the Big 10 is the toughest conference in college football, with five of eleven teams in the BCS’s top 25. If Penn State can top the Big 10, they can certainly triumph over the Seminoles.

**Sugar Bowl: Georgia vs. West Virginia** — The 10-2 Georgia Bulldogs will be taking on the 10-1 Mountaineers in the Sugar Bowl, which is normally held in New Orleans. The Dogs got lucky, as the game has been moved to Atlanta, where they just won two in a row. Coming from the stronger conference and having home-field advantage, Georgia is going to pull out a win over West Virginia, although The Cheese isn’t quite sure LSU didn’t deserve the bowl nod more than the Bulldogs.

**Fiesta Bowl: Notre Dame vs. Ohio State** — The Cheese is happy to see two Big 10 teams in BCS action this holiday season. This is a tough one to call. Both teams are 9-2 and both have played some good teams. Notre Dame was the only team all season to get close to beating the top-ranked Trojans, so the Cheese thinks that gives them a slight edge over the Buckeyes.

**Bottom Line:** Oregon fans aside, most college football followers should be pretty happy with the BCS matchups. Texas will upset USC’s dynasty in the making and Penn State will make the Big 10 proud. Georgia will thrive on their home turf and the luck of the Irish will be behind Notre Dame. Happy New Year!

**Lance Cpl. Ryan Trevino**  
*The Texan*

It’s finally here. Bowl time! The most exciting time in college football is on our doorstep, and all we have to do is tune in to experience its glory. Whether your alma mater or favorite team made it to a Bowl Championship Series bowl or not, you can’t help but cheer on teams you know nothing about just because the bowl atmosphere engulfs every inch of you. First off, I’ll start with the Tostitos Fiesta Bowl, which will be played Jan. 2 at Sun Devil Stadium in Tempe, Ariz. This bowl pins the Notre Dame Fighting Irish, 9-2, against the Ohio State Buckeyes, who are also 9-2, in a heated matchup in the desert. This is the first time these two teams have met in a bowl game or neutral site. The first thing I have to mention is the drastic turnaround of the Irish this season from last year, which they finished with a 6-5 record. This was mainly due to Notre Dame’s decision to bring in Charlie Weis to head up the Irish coaching staff. Weis led the Patriots to three National Football League Superbowl victories as the offensive coordinator and made the transition to Irish head coach without any complications. The Texan believes that Weis will bring some big-game strategies for his team into the equation and level out the playing field against the Buckeyes, who are red hot after winning their last six games. However, Weis’ contribution on the sidelines will not be enough. The Irish have lost their last six bowl games and don’t have the defensive capacity to shut down the Buckeye offense, led by quarterback Troy

Smith and tailback Antonio Pittman. Next up we have the Sugar bowl, which will be played in Atlanta’s Georgia Dome this year after the Superdome in New Orleans was severely damaged by Katrina. The 12-2 Georgia Bulldogs will face-off with the West Virginia Mountaineers, 10-1, in the great state of Georgia for the first time in both team’s history. To me, that says it all right there. Atlanta! The purpose of the bowl location is to provide for a neutral site, keeping everything fair and balanced. This obviously gives the Bulldog’s the upper hand, because they pretty much have home-field advantage. The other reason I’m going with the Bulldogs for my pick has to do with a little something called experience. The Mountaineers offense is made up of young and inexperienced players who have yet to prove themselves when it counts. Red-shirt freshman quarterback Pat White and first-time running back Steve Slaton have done great things for West Virginia this season but don’t have the necessary big game seasoning needed to perform well in a bowl game. Now, on to the Orange Bowl. Joe Paterno’s Penn State Nittany Lions, 10-1, face-off with Bobby Bowden’s Seminoles, 8-4, in the FedEx Orange Bowl in Miami. If this isn’t a classic match between two rival coaches, I don’t know what is. Penn State’s Paterno bounces back from losing 17 of his last 24 games and not winning a bowl game since 1999, by leading his team to a nearly undefeated season. Bowden’s Seminoles struggled this year by falling from BCS rankings after losing three straight games during

*See TEXAN, C-8*

Cheese

Tampa Bay @ **New England**  
Kansas City @ **N.Y. Giants**  
**Denver** @ Buffalo  
**Arizona** @ Houston  
**Carolina** @ New Orleans  
N.Y. Jets @ **Miami**  
Philadelphia @ **St. Louis**  
Pittsburgh @ **Minnesota**  
San Diego @ **Indianapolis**  
**Seattle** @ Tennessee  
San Francisco @ **Jacksonville**  
**Cincinnati** @ Detroit  
**Cleveland** @ Oakland  
**Dallas** @ Washington  
Atlanta @ **Chicago**  
**Green Bay** @ Baltimore

The Cheese has beat the Texan two weeks in a row now, so she’s feeling pretty confident about her picks. Miami is hot so they’ll come out on top. Dallas is going to win in the second place, NFC East battle. Monday night total score: **27**

### Week 15 Picks

To play, clearly circle the teams you think are going to win. Drop your picks off under the door of Room 19 in Building 216 or e-mail your picks to kristin@hawaiimarine.com by Friday at midnight. The person who has the most correct picks will get to boast in the Hawaii Marine and fill us all in on their following week’s predictions. The closest to the total score for Monday Night’s game, without going over, will determine the winner in the event of a tie.

Tampa Bay @ New England	San Diego @ Indianapolis
Kansas City @ N.Y. Giants	Seattle @ Tennessee
Denver @ Buffalo	San Francisco @ Jacksonville
Arizona @ Houston	Cincinnati @ Detroit
Carolina @ New Orleans	Cleveland @ Oakland
N.Y. Jets @ Miami	Dallas @ Washington
Philadelphia @ St. Louis	Atlanta @ Chicago
Pittsburgh @ Minnesota	Green Bay @ Baltimore

Monday Night Tiebreaker (Green Bay @ Baltimore): \_\_\_\_\_ points.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

Texan

Tampa Bay @ **New England**  
Kansas City @ **N.Y. Giants**  
**Denver** @ Buffalo  
**Arizona** @ Houston  
**Carolina** @ New Orleans  
**N.Y. Jets** @ Miami  
**Philadelphia** @ St. Louis  
**Pittsburgh** @ Minnesota  
San Diego @ **Indianapolis**  
**Seattle** @ Tennessee  
San Francisco @ **Jacksonville**  
**Cincinnati** @ Detroit  
**Cleveland** @ Oakland  
**Dallas** @ Washington  
Atlanta @ Chicago  
**Green Bay** @ **Baltimore**

Yes, it’s true, the Texan’s expertise has been compromised by the sheer luck of the Cheese, but not for long. This week I’m going with straight gut feelings, without looking at any stats. Trusting my instincts has always been more effective than over analyzing. Monday night total score: **21**





Sgt. Joseph A. Lee

REVIEW, from C-1

just come out and have a good time with it and not really worry too much about score.”

Playoff action began in mid-April for intramural baseball and basketball.

In the second round of baseball playoffs, Marine Aircraft Group 24 beat out the Headquarters Battalion Knights, and 1st Battalion, 12th Marine Regiment came out ahead of Patrol Squadron 9. The Knights fought their way out of the loser’s bracket to take on MAG-24 for the championship. The MAG-24 Black Sox only need two games of the three game series to prove they were the top K-Bay team, winning the championship games 23–8 and 9–1.

Sailors took the court by storm during the Intramural Basketball Championship game. After 1/12, statistically the worst team in the league, knocked off regular-season champs, Helicopter Anti-Submarine Squadron Light 37, they took on Patrol Squadron 47 for top honors. 1/12 couldn’t keep up their winning ways and was defeated by VP-47, 48–38.

One of the dirtiest events on the island took place April 23, 2005, aboard MCB Hawaii. Just fewer than 200 teams of six trudged through the mud during the 11th Annual CSSG-3 Swamp Romp. The “G-Men” placed first overall in the five-mile race.

Triathletes got in on the sports action, May 21, 2005, during the 9th Annual Marine Aircraft Group 24 Sprint Triathlon. Hundreds turned out to traverse the course, consisting of a 500-meter swim in Kaneohe Bay, followed by an 11.1-mile road bicycle ride that circumnavigated the base and finished with a three and one-half-mile run around the base flight line

See 2005, C-5



Sgt. Joseph A. Lee

Curtis Burleson, MALS-24, shoots a lay up, during a game at the Semper Fit Center. Last year’s “101 Days” basketball Tournament was the largest yet, with 10 teams.



Lance Cpl. Ryan Trevino

Left — A 3rd Radio Battalion defender (green) intercepts a pass during an Intramural Soccer game in the 2005 season.  
Above — Aaron “Sunshine” Durbin beats Bandits’ players down the sideline for the touchdown catch. The Outlaws beat the Bandits, 21–14 in a 2005 Intramural Tackle Football playoffs game.



2005, from C-4

to the ending point near the Base Marina. The top male finisher, Tai Blechta finished in 59:28.2. The first female finisher, Rachel Ross, crossed the line in 1:07:38.9.

Approximately 70 Military Police men and women from the Provost Marshal’s Office at Marine Corps Base Hawaii, Kaneohe Bay, participated in the 19th Annual First Hawaiian Bank Troy Barboza Law Enforcement Torch Run May 27, 2005, to raise funds for and increase awareness of Special Olympics. The run in named in honor of Honolulu Police Officer Troy Barboza, who was killed in the line of duty in 1987.

Swimmers weren’t left out of sports action in 2005. Headquarters Battalion’s, Kevin McCollough, Marine Corps Air Facility’s Charles Lawson, HQBN’s Daniel Gibson, and Chris Turl of Marine Heavy Helicopter Squadron 37 all came out with first-place swims in various events of the “101 Days of Summer” Swim Meet. The 50-meter freestyle event ended in a tie between Gibson and Turl.

BayFest 2005 was a haven for athletes this year with the Bathtub Regatta, mixed martial arts and the BodySearch Fitness Challenge. Mike DiMarco, a registered nurse for the Palimomi Emergency Room won out in the men’s BodySearch competition and Uilani Laboy took first place for the women. In the Bathtub Regatta, the SS Nishida, made by the Marine Corps Community Services Food and Hospitality Division, stayed afloat long enough to beat out the homemade boats on Kaneohe Bay.

Intramural Soccer heated up Pop Warner Field, July 18, with its championship game between Headquarters Battalion and MAG-24. Headquarters Battalion gave the base a preview of things to come in intramural action by winning the game, 2–1. The following week, HQBN took home the championship trophy in Intramural Softball by beating the 17–7 at Annex Field.

Many Marines and Sailors racked up points for their unit during a variety of 101 Days of Summer campaign. The sporting events, designed to give service members an alternative to drinking alcohol and using drugs, consisted of soccer, softball, flag football, paintball, dodge ball and basketball tournaments throughout the summer months. Marine Aviation Logistics Squadron 24 won the summer-long campaign with 5,420 points, just in front of 3rd Radio Battalion and Headquarters Battalion.

Marines and Sailors weren’t the only ones performing great feats of athleticism in 2005. In late July, two MCB Hawaii lifeguards, Brad Akeo and Ian Masterson, completed a 32-mile trek from Molokai to Oahu on a paddleboard. The duo placed fifth in their division, but said just finishing was sweet enough.

“It has been a lifelong goal of mine to cross the channel in some form, and this was a great way to go for the first time and see what it is really all about,” said Masterson.

With the arrival of autumn came several races aboard MCB Hawaii and Camp Smith. First up was the Camp Smith Grueler, a 5-kilometer, Sept. 21. Ricky Deshaw took first place for the men and Stacy Pedrozo was the first female finisher. Headquarters & Service Battalion Marines from Marine Forces Pacific came in fist place in the group division.

Helicopter Anti-Submarine Squadron 37 hosted a biathlon, Oct. 22. The race consisted of a 500-meter swim and 5-kilometer run. University of Hawaii student Billy Wong was first to cross the finish line and Rachel Ross was the first woman across.

The Turkey Trot was the last race of the year and took runners on a four-mile jaunt through base. Antinio Eppolito won the race in 23:46. The Installation Personnel Administration Center won the unit competition, calling themselves the “Admin Assassins.”

Surfers geared up for winter swells with the Monster Surf contest, held Oct. 29. John Kauffman was named active duty champion with his victory in the Open Long Board Division and third place in the Open Short Board Division.

Although December is best known for the holidays, aboard MCB Hawaii it is also the time for the Intramural Tackle Football championship. Due to some post-game antics, Camp Smith was disqualified for the final game, turning the semi-final match between the Headquarters Battalion Warriors and the Combat Service Support Group 3 Outlaws the championship. HQBN stayed on their winning track, blanking the Outlaws 12–0.

The Warriors were hot coming off their gridiron victory and took that energy to the softball field. Headquarters played the Deuces Wild, a team made of players from Patrol Squadron 2 and Patrol Squadron Special Projects Unit 2, in the Winter Intramural League cham-

pionship. The Warriors once again came out on top, winning with a score of 17–10.

Along with races and sports for adults, Youth Activities also gave children aboard base the chance to shine. Inline hockey, basketball, flag football, gymnastics and other sports are all offered for youths to compete against each other and other island clubs. One of the biggest highlights for the youth athletes of K-Bay was when Michael Memea, son of Petty Officer 1st Class Mack Memea of Marine Aviation Logistics Squadron 24 hit the title-winning home run in the seventh inning of the Little League World Series final to give the West Oahu team from Ewa Beach, Hawaii, a 7–6 victory over Willemstad, Curacao.

Even with the number of deployments and training exercises, service members and their families were able to compete at a high level throughout the year — from running to swimming and everything in between.



Lance Cpl. Edward C. deBree

Sailors of the 21st Dental Company cross the finish line during last year’s Turkey Trot.





Sgt. Joseph A. Lee

Timm Heisey carries “Drunken Monkeys” teammate Sarah Nicholas through the thick mud of the Nuupia Ponds during last year’s “Swamp Romp.”

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HEALTHY  
TAN IS THE  
FIRST SIGN  
OF SKIN  
CANCER.

IRONIC,  
ISN'T IT?

The fact is, tanning can lead to melanoma/skin cancer. So examine yourself regularly. Look for blemishes larger than a pencil eraser, multi-colored or asymmetrical in shape. If you have any questions, see your dermatologist.

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SPOT  
MELANOMA/SKIN CANCER  
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The way things have been done